

What is In a Share Bag?

The contents of a share bag will vary from week to week, depending upon the growing season and what is available locally.

You can expect to find at least one fruit item each week, including blueberries, raspberries, strawberries, apples, or peaches.

You can also expect several servings of vegetables, such as lettuce, cooking greens, sweet corn, tomatoes, peppers, squashes, and herbs.

Share bags also come with recipes, nutritional information, and announcements on upcoming City Fresh events, such as farmer meet and greets, harvest festivals, short films, or educational forums.

Share bags are assembled by volunteers, farmers, and youth each week at a City Fresh community distribution hub. From there, they are transported to your neighborhood Fresh Stop.



How Do Shares Work?

The share program covers 20 weeks during the growing season. You reserve your shares by making a pre-payment. Depending on your budget, you can purchase shares for the entire season, for a few weeks, or week to week. You choose the dates that you want to have your shares reserved. Shares can be purchased using Ohio Direction.

Share purchases are non-refundable. If you do not show up to claim your share, it will be donated.

To build a more equitable food system, we encourage you to pay extra if you can afford it to reduce costs for limited income shareholders. Extra payments are tax-deductible.

Share bags include produce from farmers who live and work right here in Northeast Ohio, including Amish farmers, fifth generation family farmers, urban market gardeners, recent college graduates, retirees, and youth.

How Do I Sign-Up?

Fill out this form and mail to the NAC, MPO Box 357, Oberlin, OH 44074 or fill out on-line at www.GotTheNAC.org Please include your first two share payments (unless you are using Ohio Direction).

Name: _____

Address: _____

City/Zip: _____

Phone: _____

E-Mail: _____

FOOD SHARE RATES

Regular Share: *Good for family, couples*
___ \$20 Regular + ___ \$5 ___ \$10 for Share Fund
___ \$10 Limited Income Regular

Budget-Share: *Singles, seniors, single-mothers*
___ \$10 Half-Share (Regular)
___ \$5 Half-Share (Limited Income)

___ I will be using Ohio Direction

SHARE YOUR SUPPORT

___ \$ ___ to contribute to Share Fund to support limited income shareholders (eligible for a tax deduction)

___ I am interested in volunteering

LOCATIONS (days/times TBA):

- ___ Art House, Old Brooklyn
- ___ Clark-Metro (W. 25th and Clark)
- ___ Kamm's Corners
- ___ Oberlin
- ___ Slavic Village
- ___ Urban Community School

CITY FRESH SHARE 2007

We learned about the importance of sharing as young children. When we share, we tap into our generous nature. When we share, our wealth multiplies and we find our lives enriched. When we share we think about how our lives relate to the lives of those around us. When we share, we build community.

What better way to practice sharing than with food?

A City Fresh share enables you to share your food dollars directly with the farmers in your own region as opposed to the trucks, planes, and middlemen that ship it half-way across the world.

Once you reserve your share, you can extend the practice of sharing:

- You can share your food with friends, families, or people in need in your own community
- You can pay a little extra to help make food more affordable for those with fewer resources
- You can share recipes, ideas, or stories
- You can share techniques for growing.
- You can take your shares home and make a delicious meal to share at a City Fresh event.
- You can share your food waste or yard waste with the gardener down the street.

New Agrarian Center
MPO Box 357 Oberlin, OH 44074
216-429-8238 (Cuyahoga Cty)
440-774-2906 (Lorain Cty)
www.GotTheNAC.org



SHARE 2007

*Sharing food,
growing community,
cultivating generosity*

